

Seaside Insider

September 2019



The Culinary Lab

**Wednesdays, 11 a.m. to 1 p.m., PACC 2nd floor
Starting Sept. 4**

The Culinary Lab is for foodies over 50 who want to whip up fun, food, health and science to optimize an epicurean lifestyle. Become the master of your taste buds while learning the health benefits of creative and fresh grown food. Channel your culinary artist while sharpening your science acumen.

\$36 residents/\$40 nonresidents

The Pine Avenue Community Center is located at 3209 Harding St, next to the Senior Center.

Grandfriends Kindness Project

Thursday, Sept. 5, 3 – 4:30 p.m., AUD

Did you know studies have shown that kindness is good for your health? We invite you to a new program that's all about giving and receiving kindness! Thanks to the generosity of the Carlsbad Charitable Foundation, Kids for Peace will be hosting The Grandfriends Kindness Project – a free, monthly event, where intergenerational pairs will team up to complete kind acts together. You only need to bring your kind heart.

The theme for the first event will be "Planting a Friendship." We'll play some fun games to help us make new friends, learn about succulents and complete a garden craft. Please join us for this fun and friendly event that is sure to make you feel good! All youth and seniors are welcome. Children under eight years-old should be accompanied by an adult. Advance registration is recommended by calling the front desk or online at carlsbadconnect.org.

Diabetes Prevention Program Information Sessions: The Skinny Gene Project

Tuesdays, Sept. 10 & 17, 11:30 a.m. – 12:30 p.m., 106

What if we told you there was a way you could improve your quality of life without sacrificing the joys of living it? The Skinny Gene Project (SGP) is offering a free Diabetes Prevention Program to qualifying members with prediabetes. This program is a year-long lifestyle change class that is designed to help seniors with prediabetes learn healthy eating and exercise habits.

Statistics show that nine out of 10 people with prediabetes are unaware they have this condition; therefore, they may miss the opportunity to reverse it and prevent the development of type 2 diabetes. Join us either of these days for a fun and game-filled interactive information session to learn more about the program that starts in October.

Special Needs Planning... Providing a Lifetime of Care for Your Child Living with Special Needs

Tuesday, Sept. 17, 10 – 11:30 a.m., 116

Join us at an informative workshop to learn about special needs planning, and the peace of mind it provides to families. Attendees will receive information packets to take home. Topics covered will be:

- Legal planning (special needs trusts, etc.)
- Government benefit coordination
- Budget planning (CalABLE account, etc.)
- Lifestyle planning

Speaker, Dennis Spiegelman, is the Regional Manager of the Special Needs Planning Institute, a non-profit 501(c)3 dedicated to educating and advocating for individuals with special needs, their families and the community.



Sleep Deprivation, Insomnia and their Solutions!

Dr. Jason Gestring and The Wellness Champions
Thursday, Sept. 19, 10 – 11:30 a.m., 111

Sleep Deprivation is known as insufficient sleep or sleeplessness. It is a condition of not getting enough sleep. It can be either chronic or acute and may vary widely in severity. This can cause fatigue, daytime sleepiness, clumsiness, and increased appetite leading to weight gain. It adversely affects the brain and cognitive function. Sleep deprivation is the single most dangerous aspect of sleep disorder. This can compromise you physically and emotionally. Come join Dr. Gestring, the North County Wellness Champion Doctor, as he presents to you why your sleep is important.

Fall Garden Harvest Workshop

Master Gardener, Jano Nightingale
Saturday, Sept. 21, 10 – 11:30 a.m., 106

Learn all you need to know to preserve your harvest from that great summer vegetable/fruit garden. We will cover canning methods and making jam, salsa and preserved vegetables. Supplies included, along with samples to take home.

\$21.60 residents/\$24 non-residents

CVS Flu Shot Clinic

Wednesday, Sept. 24, 9 a.m. – 1 p.m., 119

Licensed CVS Immunizing Pharmacists will be here to administer the 2019 “All-in-one Influenza Vaccine” (Influenza A, Influenza B & H1N1). Bring your Medicare Part B card and CVS will take care of billing Medicare for you. No appointment necessary.

Aging in Place: Safe Driving and Alternative Travel Options

101 Mobility
Tuesday, Sept. 24, 10:30 – 11:30 a.m., 111

Join us for this monthly Aging in Place series, held the last Tuesday of each month, which offers insights from professionals who share their expertise concerning specific aspects of how to age in place successfully.

This session will review the most frequent causes of vehicle accidents involving seniors and will offer tips to avoid them. We will also explore alternative travel options and other modes of transportation that are available. Presented by George Resh.

Osher Lifelong Learning is coming to the Carlsbad Senior Center

Wednesday, Sept. 25, 10 – 11:30 a.m., ACT

The Osher Lifelong Learning Institute at UC San Diego is a membership program for adults over the age of 50 who want to be part of a learning community with peers. They are committed to providing their members with intellectually stimulating learning opportunities throughout the year. Each quarter, Osher features lectures and seminars by the outstanding faculty and researchers of the UC San Diego community, as well as local leaders, artists and musicians. Class topics include medicine, science, law and society, history, art and humanities, international relations, literature, politics and social sciences. Informed, member-led discussions of current events, live drama, music, periodic field trips and social gatherings enhance the Osher experience at UC San Diego.

September’s topic is French Impressionists, presented by UCSD’s noted art historian, Linda Blair. Advance registration is recommended by calling the front desk or online at carlsbadconnect.org.

Join us to learn more about how you can participate for free through these recorded lectures now offered monthly at the Carlsbad Senior Center.



UC San Diego



Reduce Your Risk of Falls

Thursday, Sept. 26, 10 – 11:30 a.m., ACT

Falls are the leading cause of fatal and nonfatal injuries among older Americans, yet they are not an inevitable part of aging. In fact, many falls are preventable with regular exercise and preventative care. Depending on the individual, there is usually no single best strategy or “quick fix” to prevent them. The best way to reduce the chance of falling is to find a combination of strategies that address an individual’s fall risk. This class is appropriate for older adults who:

- Live independently at home
- Are able to walk independently or with minimal assistance
- Have fallen or are afraid of falling
- Have not been diagnosed with dementia

Join us for this free class to learn a variety of methods to reduce the risk of falling.

Beginning American Sign Language NEW TIME

Wednesday, Sept. 4, 10 – 11 a.m., 116

Learn introductions, how to exchange pleasantries, or carry on a conversation. We’ll also take a quick look at fingerspelling. Each weekly class focuses on new, basic subjects that help students learn functional sign language. Come anytime: no class depends on what went on earlier, and all materials are furnished.

Intermediate American Sign Language NEW

Wednesday, Sept. 4, 11:30 a.m. – 12:30 p.m., 106

A conversational class for those who already know basic ASL signs. All materials are furnished, and all past materials are available for those who want to brush up. Come have some fun communicating.



Carlsbad Newcomers Host Joe Yogerst

Wednesday, Sept. 4, 9:45 – 11:30 a.m., 111

Though born and raised in San Diego, Joe Yogerst’s has traveled the world as a writer, editor and photographer for magazines such as National Geographic, Conde Nast Traveler and Islands, as well as writing scripts for, Silk Stalkings and other television shows. Join us as he shares his experiences and his upcoming projects for National Geographic/Great Courses video series on America’s state parks and National Geographic books on global cities and perfect weekends.

Dance: The Vidals

Thursday, Sept. 5, 1 – 3 p.m.,
Harding Community Center

Prizes and refreshments are graciously sponsored by Las Villas de Carlsbad. \$4.

Book Club

Monday, Sept. 9, 1 – 2:30 p.m., 118

This month’s book selection is *Eleanor Oliphant is Completely Fine*, by Gail Honeyman. October’s book selection is *Where the Crawdads Sing*, by Delia Owens. The book club meets the 2nd Monday of every month and welcomes newcomers.

Movie – *Wind River*

Thursday, Sept. 12, 1 – 3 p.m., AUD

When U.S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. Unprepared for the harsh conditions, she enlists Cory as a tracker.
(Netflix summary) Free.

Morningstar Investment Education Lectures

Presenter Shelley Murasko is thoroughly familiar with Morningstar’s mutual fund investment education resources and bases her lectures on this content. Area residents have free access to this Morningstar guidance through the City of Carlsbad Libraries’ online database. Each weekly class examines the changing monthly information.

All classes are from 1:30 to 3 p.m., 111

Sept. 23: Mutual Fund Investing Basics

Sept. 30: Top Morningstar Articles & Other Special
Investing Topics

September 2019 *Activities Calendar*

New session start dates in blue
Senior Specials in purple

Weekly Programs	Monday			Tuesday			Wednesday		
	Time	Activity	Cost	Time	Activity	Cost	Time	Activity	Cost
Weekly Programs	9-11	Writers Group	118	8-11	Needlecraft	106	9:30-11	5-in-1 Joy	11
	9-12	Spanish – Levels I, II & III	106	9-10	† Aerobic Dancing – Lite! (9/3)	111	9:30-11	** Spinal Fitn	11
	9:30-10:30	† Heart Coherent Tai Chi Kung – Int. (9/9) NO class 9/2		9-10	Line Dancing – Improver	PACC	9:30-11:30	† Oriental Su	
	9:30-11	** Spinal Fitness NO class 9/2	PACC	9:45-10:45	† Live Long: Do Qigong! (9/3)	107	11-1	† The Culinar	
	11-5	* Elderhelp HomeShare	119	10-11:30	Line Dancing – Intermediate	PACC	1-2:15	Hawaiian D	
	11:30-1:15	Line Dancing – Beginner	PACC	11-12	† Chair Tai Chi Chuan (9/3)	107	1-3:15	Seaside Sir	
	1:15-2:30	Line Dancing – High Beginner	PACC	11-12	* Gentle Chair Yoga with Optional Standing Poses	SPCC-ACT	1-4	Ceramics	
	2:45-4	† Functional Yoga with Guided Visualization (9/9) NO class 9/2	PACC	12:30-4	Ping Pong	111	1-4	Sewing and	
	3-4:15	† Gentle Yoga (9/23) NO class 9/2	107	12:30-4	Bingo	AUD	2-4:30	Mah Jongg	
				1-3	Writing Our Lives	106	2:30-4	Hawaiian D	
Labor Day			2	10-1	* Elder Law Legal Assistance	119	3	9:45-11:30	Carlsbad Newco
Senior Center open with limited services:				1-3	* Armchair Theater: <i>Big Jake</i>	116		10-11	Speaker: Joe Yog
<ul style="list-style-type: none"> No lunches Limited classes 				 <div> ARTIST OF THE MONTH Mary Ann Stabile's Oil & Acrylic Students </div>				10-1	Photographer
								10-1	Beginning Amer
								10-1	Language
								11:30-12:30	* HICAP Health Ins
									Counseling
									Intermediate An
									Language
9:15-10:30	Primordial Sound Meditation	111	9	10-12	* Notary Public	119	10	9:30-11:30	* Diet & Nutrition
1-2:30	Book Club: <i>Eleanor Oliphant is Completely Fine</i> , by Gail Honeyman	118		11:30-12:30	* Diabetes Prevention Info Session: The Skinny Gene Project	106			
11-12	† Better Balance & Mobility	107	16	9-11:30	† Intro to Watercolor	118	17	9:30-10:30	† Better Balance &
1-2	† Better Balance & Mobility	107		9-2	* Ask the Attorney	119		10-12	* Ask the Pharmac
				10-11:30	Workshop: Special Needs Planning – Providing a Lifetime of Care for Your Child Living with Special Needs	116		10:45-11:45	† Better Balance &
				11:30-12:30	* Diabetes Prevention Info Session: The Skinny Gene Project	106			
				1-3	* Armchair Theater: <i>The Mule</i>	116			
11-12	† Better Balance & Mobility	107	23	9-11:30	† Intro to Watercolor	118	24	9:30-10:30	† Better Balance &
1-2	† Better Balance & Mobility	107		9-1	CVS Flu Shot Clinic	119		10-11:30	French Impressi
1:30-3	Morningstar Investment Education Lecture: <i>Mutual Fund Investing Basics</i>	111		10-3	* Low Vision Consultations offered by the Braille Institute	119			presented by UC
				10:30-11:30	Successful Aging in Place: <i>Safe Driving and Alternative Travel Options</i>	111		10-12	* Ask the Orthope
				1-3	* Armchair Theater: <i>Duma</i>	116		10:45-11:45	† Better Balance &
11-12	† Better Balance & Mobility	107	30						
1-2	† Better Balance & Mobility	107							
1:30-3	Morningstar Investment Education Lecture: <i>Top Morningstar Articles and Other Special Investing Topics</i>	111							



Transportation Services

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required

11	Activity Room	CH	City Hall	107	Dance Studio	P	Patio	119	Room 119
16	Activity Room	COM	Computer Lab	GR	Game Room	PACC	Pine Ave. Community Center	RR	Resource Room
UD	Auditorium	CR	Conference Room	HCC	Harding Community Center	PARK	Pine Ave. Park		
06	Art Studio	DN	Dining Room	118	Multi-purpose Room	SPCC	Stagecoach Park Community Center		

Wednesday			Thursday			Friday		
Class	106		8:45–9:45	† PiYo - Pilates/Yoga (9/5)	AUD	8–12	* Elderhelp HomeShare	119
ess	PACC		9–10	† Aerobic Dancing - Lite!	107	9–10	† “24k” Zumba Gold with Saleemah (9/6)	107
mi-e Painting	107		10–11	† Functional Yoga (9/5)	AUD	9:45–11:45	† Social Dance for Seniors (9/20)	PACC
ry Lab (9/4)	PACC		1–2:10	† Heart Coherent Tai Chi Kung –		10:30–11:30	† Heart Coherent Tai Chi – Beg. (9/6)	107
Dance – Beginner	107			Adv. (9/5)	107	12:30–4	Party Bridge	AUD
ngers Practice	AUD		1–4	Art Club	106	12:30–4	Ping Pong	111
	106		1:30–3:30	Carlsbad Tech Users Group		12:45–2:30	Hawaiian Dance – Adv	107
d Quilting Group	118			(2nd, 3rd & 4th Thursdays)	111			
	GR		3:45–4:45	† Chair Yoga (9/5)	107			
Dance – Intermediate	107							
4			5			6		
mers – Guest			9–11:30	† Intermediate Watercolor	106	9:30–12:30	† Discover Your Inner Artist with	106
erger – Writer, Editor,	111		1–3	Monthly Dance – The Vidals	HCC		Oil or Acrylic	
ican Sign			1–4	Canasta	118			
	116		3–4	Senior Commission Meeting	CH			
urance			3–4:30	Grandfriends Kindness Project	DN			
merican Sign								
	120							
	106							
11			12			13		
Counseling	119		9–11:30	† Holiday Greeting Card		9:30–12:30	† Discover Your Inner Artist with	
			1–3	Workshop	106		Oil or Acrylic	106
				Monthly Movie: Wind River	AUD	10:30–12	Stamp Collectors Meet	118
18			19			20		
Mobility	107		9–11:30	† Intermediate Watercolor	106	9:30–12:30	† Discover Your Inner Artist with	106
ist	119		10–11:30	Presentation: Sleep Deprivation,	111		Oil or Acrylic	
Mobility	107		10–1	* HICAP Health Insurance				
				Counseling	119			
25			26			27		
Mobility	107		9–11:30	† Intermediate Watercolor	106			
onists,			9:30–12:30	* Hearing Screening & Hearing Aid	119			
SD's Linda Blair	AUD			Adjustment Screening by SONUS				
dic Surgeon	119		10–11:30	Presentation: Reduce Your Risk	111			
Mobility	107			of Falls				



Saturday Classes and Activities

Line Dancing – High Intermediate	Sept. 7, 14, 21 & 28	10–12:30	107
* Fall Garden Harvest Workshop	Sept. 21	10–11:30	106
Ping Pong	Sept. 7 & 14	9–12:30	111
Fitness Room	Sept. 7, 14, 21 & 28	9–12:30	

* Pre-registration required

** Pre-register with MiraCosta (760-795-8710)

† Fee-based activity



September is National Senior Center Month

Senior Centers: The Key to Aging Well

This September, the National Institute of Senior Centers (NISC) is demonstrating how senior centers are integral parts of aging well. Senior centers are the key for individuals to age healthily, and also for communities to properly support older adults.

Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging and create important community resources for aging expertise



Instructor Spotlight

Tia Lanzetta

Tia Lanzetta tells us her favorite place to teach is our Center! Her classes are not just a good workout - they're fun and relaxing, too - for all levels of experience and fitness!

She's trained as a Holistic Health Practitioner, Mat Pilates Instructor and Personal Trainer and is registered with the international Yoga Alliance at the 500-hour level. Tia's passion is vital health, so in 2001 she started a company called Spa Cucina Mobile Body Therapies. Her team comes to you with body- and energy-work, fitness and yoga and nutritional guidance, plus they put on regional and international retreats. Tia loves to travel and those retreats spotlight interesting and exotic places -- like Bali in 2021 and Mazatlán for the total eclipse of the sun in 2027. If you can't make it to those, you're invited to join the Monday Yoga with Guided Visualization class and travel there in your mind! Thursday's Pilates-Yoga Fusion and Functional Yoga classes have shorter meditations, but did you know even one minute of meditation lowers your blood pressure?

You'll also find Tia on her Stand-Up Paddleboard at Agua Hedionda Lagoon, getting a nature fix and working on balance and strength, walking our beautiful beaches, or volunteering on our City's great trail system.

Tia's been a Carlsbad resident since 2003, but grew up nearby in Cardiff, since the age of six. Despite her love of travel, we expect and hope San Diego will remain her home base. She lives here with her Mom and two small cats.

Senior Commission Corner

Join us at the Senior Commission meeting on Thursday, September 5th at 3 p.m. in the City Hall Council Chambers to thank commissioners Ray Pearson and David Tweedy for serving two full terms, eight years on the commission. Two new commissioners will be confirmed by the City Council and introduced in future meetings. The Mission of the Senior Commission is to champion an age inclusive environment that promotes wellness, vitality and education that leads to a vibrant quality of life. The commission advises and makes recommendations to the City Council on the special needs and concerns of seniors, including the creation, operation, maintenance, management, and control of senior programs, activities and facilities. Agendas, minutes and more information is available at:

<http://www.carlsbadca.gov/cityhall>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY HOLIDAY</p> <p>No Meal Service</p>	<p>3</p> <p>Chicken Dijon Mustard Cream Sauce Vegetable Medley Ancient Grains Spring Mix Raspberry Vinaigrette Applesauce <u>Armchair Theater:</u> "Big Jake" 1 p.m. Room 116</p>	<p>4</p> <p>Glazed Ham with Pineapple Sauce * Potato Gratin Green Beans Wholegrain Bread Fresh Fruit <u>Alternate Salad</u> Grilled Chicken Salad, Mixed Greens, Tomatoes, Cucumbers, Carrots, ww bread Fruit</p>	<p>5</p> <p>Pecan Chicken Mashed Potatoes Country Gravy Green Beans Whole Wheat Bread Cantaloupe</p>	<p>6</p> <p>Roast Beef* Au Jus, Horseradish Parsley Potatoes Carrots Whole Wheat Bread Fresh Fruit</p>
<p>9</p> <p>Chili con Carne* Mixed Rice Corn Mixed Green Salad Cantaloupe</p>	<p>10</p> <p>Ginger Chicken Stir Fry Vegetables Asian Chopped Salad Mixed Rice Pears</p>	<p>11</p> <p>Fish Veracruz Peppers, onions & tomatoes Parsley Potatoes Spinach Peaches <u>Alternate Salad</u> Chef Salad, carrots, with bread, fruit</p>	<p>12</p> <p>Open Faced Cubano Sandwich* Gingered Carrot Soup Wholegrain Crackers Cabbage Salad Melon <u>Monthly Movie:</u> "Wind River" 1 p.m. Auditorium</p>	<p>13</p> <p>Meatballs Marinara* Pasta Primavera Whole wheat pasta with zucchini, basil Spinach Salad Fresh Fruit</p>
<p>16</p> <p>Arroz con Pollo Chicken with Rice & vegetables Black Beans Mixed Green Salad Oranges</p>	<p>17</p> <p>Roast Turkey* Gravy Sweet Potatoes Green Beans Cranberry Sauce Whole Wheat Bread Melon <u>Armchair Theater:</u> "The Mule" 1 p.m. Room 116</p>	<p>18</p> <p>Cumin Spiced Turkish Meatballs Tzatziki Pita Bread Tabbouleh Salad Ratatouille Fresh Fruit <u>Alternate Salad</u> Greek Chicken Salad, Tabbouleh, fruit</p>	<p>19</p> <p>Chicken Teriyaki* Mixed Rice Sesame Green Beans & Carrots Asian Cabbage Salad Mandarins</p>	<p>20</p> <p>Shepherd's Pie Mashed Potato Topping Peas & Carrots Tossed Salad Whole Wheat Bread Pineapple</p>
<p>23</p> <p>Chicken Piccata* Lemon Caper Sauce Ancient Grains California Vegetables Spinach Salad Applesauce</p>	<p>24</p> <p>Meatloaf Mashed Potatoes & Gravy Corn Carrot Raisin Salad Whole Wheat Bread Fruit <u>Armchair Theater:</u> "Duma" 1 p.m. Room 116</p>	<p>25</p> <p>Pork Zurichoise Diced pork with mushroom cream sauce Noodles Broccoli Whole Wheat Bread Fresh Fruit <u>Alternate Salad</u> Tuna Salad on Mixed Greens, Carrot Salad, WW Bread, Fruit</p>	<p>26</p> <p>Margarita Chicken Salsa Fresca, Sour Cream Black Beans Mixed Rice Tossed Salad Melon HAPPY BIRTHDAY!</p>	<p>27</p> <p>Meat & Cheese Lasagna Marinara Sauce Spinach Garbanzo Bean Salad Whole Wheat Garlic Bread Fresh Fruit</p>
<p>30</p> <p>Beef Burgundy With mushrooms, onions Parsley Potatoes Carrots Whole Wheat Bread Mandarin Oranges</p>				<p>Menu subject to change</p> <p>*Denotes meal \geq 1000 mg Sodium</p> <p>2% Milk served daily</p>
Reservations: 760-602-4655				

The Carlsbad Senior Center serves nutritious, hot meals Monday through Friday in our Dining Room. The requested donation for seniors who are **ages 60 and up** is \$3.50 — **you need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).

Dining room seating is available at 11 a.m. and lunch is served promptly at noon. You may forfeit your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4650](tel:760-602-4650).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Monday through Thursday. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).

Wednesdays, transportation is available for shopping. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute.

This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.

Resources & Contacts

Aging and Independence, services for assistance, information or reporting abuse	1-800-510-2020
Carlsbad Police (Non-emergency):	1-760-931-2197
Facilities Elder Abuse Ombudsman	1-800-640-4661
In Home Supportive Services, North County	1-760-480-3424
Medicare Helpline	1-800-633-4227
Senior Shield Scam Hotline	1-858-715-1648
North County Coastal Mental Health Services	1-760-967-4475
Activities Coordinators:	
Patti Gebel	1-760-602-4653
Valerie Fisher	1-760-602-4654
Dining Room Reservations (24 Hours) www.carlsbadca.gov/seniors	1-760-602-4655
Facility Reservations www.carlsbadconnect.org	1-760-602-7510
Front Desk (general info & transportation)	1-760-602-4650
Home Meal Delivery, Shannon Shepherd	1-760-602-4652
Elder Law Legal Assistance	1-760-439-2535 x205
Medical Insurance Assistance (HICAP)	1-800-434-0222
ElderHelp's HomeShare	1-858-748-9675
Hi-Noon Rotary's Helping Hands	1-760-593-7188
Pine Avenue Community Center	1-760-434-5022
San Diego Eldercare Directory	1-619-293-1680
Identity Theft Resource Center	1-858-693-7935
Social Security Office	1-800-772-1213
Alzheimer's San Diego	1-858-492-4400
Grief Support Groups: griefshare.org	
San Diego Food Bank	1-858-527-1419
North County Transit District (NCTD):	
Bus service	1-760-966-6500
Lift (disabled reservation line)	1-760-726-1111
RideFact	1-888-924-3228